



Kingsport Senior Center News

March 2011

Volume XXI Edition 3

**1200 East Center Street Kingsport,
Tennessee 37660**

The Kingsport Senior Center Presents:
Overnight Trip to Mardi Gras Casino and Resort
August 29-30, 2011

Located in Charleston, WV, Mardi Gras Casino
is a One of a Kind Entertainment Venue Featuring:



- 24 Hour Casino with Table Games, Blackjack, Roulette, Poker
- Slot Machines
- Live Greyhound Racing
- 24 Hour Room Service and Upscale Lobby
- Fine Dining

\$175.00 Per Person, Double Occupancy

\$165.00 Per Person Triple/Quad Occupancy

Included in this Package Price:

\$10.00 Free Slot Play Plus \$2 Greyhound
Race Bet Voucher

Free Membership for Player's Club Card

Triple Points for Any Slot Play with Player's Club Card

Monday Night ~ Private Buffet Dinner for Kingsport Senior
Center Group (All-Inclusive)

Double Occupancy Deluxe Room with 40" Flat Screen HDTV

Free Made to Order Breakfast

Deluxe Motor Coach Transportation

Sign ups begin March 4th

Must have current valid state ID*

*Retired Greyhound adoption program sponsored by Mardi-Gras
Casino & Resort.*



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2010-June 30, 2011**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Advisory Council Meeting
Thursday, April 21, 2011
12:30 p.m.
Room: 230

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
buchanans@ci.kingsport.tn.us
392-8403

Branch Coordinator
Cindy Price
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392-8402

Program Leader
Michelle Tolbert
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392-8404

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392-8407

Program Leader
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392-8400

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392-5942

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392-8406

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Nutrition Site Manager ~ Sona Bingham
246-8060

INCLEMENT WEATHER SCHEDULE

The Kingsport Senior Center will follow the Kingsport city school schedule for inclement weather. This means if a snow schedule occurs, the center will delay their opening, or if the schools are closed for inclement weather, the center will be closed for **all** activities. In the event of ice or snow occurring during the day, the center reserves the right to close early.

WELLNESS

Volleyball Lessons

Dee Dee Mullins will be teaching volleyball lessons every Thursday starting, **March 10, 2011** at 12:00 noon in the Gym. The lessons are free. All members that are interested in volleyball are encouraged to attend these sessions. Remember this will only improve your game!

Fit Test

We will be doing a fitness test on **Friday, March 25, 2011** from 9:00 am to 10:00 am in Kevin's office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer , your blood pressure will also be taken. If you plan to participate in this event see Kevin to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

ETSU College of Nursing

Randy Nentrup, Assistant Professor with ETSU College of Nursing and ten nursing students will be conducting a mini Health Fair "*Care of the Older Adult*" on **Wednesday, April 6, 20011** from 9:30 am to 12:30 pm on the 1st floor hallway Billiards room side. Topics on display, with take home information are:

- **Cancer: Risk Factor and Early Signs and Symptoms**
- **Diabetes Management Information**
- **Heart Disease: Risk Factors and Management**
- **Health Literacy**
- **Healthy Eating & Exercise**
- **Immunizations and Wellness**
- **Living with Arthritis**
- **Managing your Hypertension**
- **Medication Safety**
- **Preventing Constipation**
- **Prevention of Accidental Falls**
- **Sleep Apnea: Signs, Symptoms and Management**
- **Stress Management**
- **Taking Care of Your Eyes**
- **Warm Weather Safety**

Blood Pressure monitoring will be performed and answer many other health related questions as they arise. All members are encouraged to stop by for some valuable information.

Brian Center Health & Rehabilitation Tour

Come join us as we travel to the Brian Center in Weber City, VA for a tour and lunch provided by Brian Center. Cost is \$2.00 for your transportation. We will depart the Center on **Tuesday, April 12, 2011** at 10:15 am and return at 1:00 pm. Sign ups will start on March 16, 2011 with only 23 seats available.

Table Tennis Tournament

We invite all table tennis players to show off your skill on **Wednesday, April 20, 2011** at 1:00 pm. Cost is \$2.00 per person with payment due the day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Sign ups start on Wednesday, March 30, 2011.

First District Tennessee Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District:

- **Carter**
- **Greene**
- **Hancock**
- **Hawkins**
- **Johnson**
- **Sullivan**
- **Unicoi**
- **Washington**

This years District Olympics start on **Monday, May 23, 2011** and run through **Friday, May 27, 2011** with Golf on **Tuesday, May 17, 2011** at Cattails of Meadowview, Kingsport. For more information visit the website www.tnseniorolympics.com or call Teresa Sutphin at 423-722-5120

A Flu-Proof Plan

If you still haven't gotten your flu shot, here's more incentive to roll up your sleeve: *The influenza vaccine may help prevent potentially fatal blood clots.* French researchers recently found that people who'd been vaccinated were 48 percent less likely to develop the dangerous blood-clotting condition known as deep-vein thrombosis than those who skipped the injection. Inflammation produced by the viral infection may cause your blood to thicken, increasing the odds of deadly clotting.

FACTS OF LIFE

75

**PERCENTAGE INCREASE IN
YOUR RISK OF
COLON CANCER IF YOU HAVE
METABOLIC
SYNDROME**

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym

Quilting ~ 9:00 ~ Room 303

Camera Club ~ Go to www.scphotogroup.com

Happy Day Singers ~ 9:45 ~ Travel

Clay, Beginning Throwing ~ 10:00 ~ Ceramics/Clay Room

Strength Training ~ 10:15 ~ Gym

Table Tennis ~ 1:00 ~ Gym

Knitting ~ 1:00 ~ Room 303

Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room

Tai-chi ~ 8:30 ~ Room 310

Mini Cardio ~ 8:45 ~ Room 302

Ceramics ~ 9:00 ~ Ceramics/Clay Studio

Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303

Strength Training ~ 9:30 ~ Gym

Renaissance Strings ~ 10:00 ~ Multipurpose Room

Sing Along ~ 10:15 ~ Cafeteria

Exercise for Everybody ~ 10:30 ~ Gym

Dulcimer (Beginning) ~ 11:00 ~ Atrium

Good Neighbors ~ 12:15 ~ Lounge

Shuffleboard ~ 1:00 ~ Ceramics Hallway

Pickleball ~ 1:00 ~ Gym

Basketball ~ 4:00 ~ Gym

Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria

Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym

Clay, Intermediate & Advanced ~ 9:00 ~ Ceramics/Clay Room

Strength Training ~ 10:15 ~ Gym

Intermediate Clogging ~ 11:15 ~ Room 302

Hand and Foot Card Game ~ 12:30 ~ Card Room

Table Tennis ~ 1:00 ~ Gym

Belly Dance ~ (Women's Only) ~ 1:30 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room

Tai-chi ~ 8:30 ~ Room 310

Mini Cardio ~ 8:45 ~ Room 302

Ceramics ~ 9:00 ~ Ceramics/Clay Studio

Woodcarving ~ 9:00 ~ Room 303

Strength Training ~ 9:30 ~ Gym

Beginning Clogging ~ 10:00 ~ Room 302

Exercise for Everybody ~ 10:30 ~ Gym

Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)

Good Neighbors ~ 12:15 ~ Lounge

Volleyball ~ 1:00 ~ Gym

Pickleball ~ 4:00 ~ Gym

Ballroom Dance ~ 5:30 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym

Genealogy Group ~ 9:00 ~ Computer Lab

Massage Therapy ~ 9:45 ~ Multipurpose Room

Beginning Spanish ~ 10:00 ~ Room 303

Strength Training ~ 10:15 ~ Gym

Pickleball ~ 1:00 ~ Gym

Art Class ~ Painting ~ 2:00-4:00 ~ Room 303



TRAVEL AND SPECIAL EVENTS

Unheard Cries ~ Video Presentation ~ Thursday March 3, 2011 ~ 12:15 a.m. ~ Seminar will help participants understand the signs of elderly abuse, neglect and financial exploitation. Cost: FREE. Location: Card room. **No sign- up required.**

Purdue Varsity Glee Club (Night Performance) ~ Niswonger Performing Arts Center, Greeneville, TN ~ Friday, March 11, 2011 ~ Departs at 6:00p.m. Returns at 10:30 p.m. Cost:\$5.00 for bus transportation, \$12.75 for ticket. **Sign-up began:** February 9, 2011.

Identity Theft ~ Tuesday, March 15, 2011 ~ 10:00a.m. to 11:00a.m. Location: Card room. **Sign-up begins:** February 15, 2011.

Widowed Persons Support Group ~ "Follow the Whispering Wind" ~ Thursday, March 17, 2011 ~ 5:00 pm. Location: Multipurpose room.

Barter Theatre ~ Stage II ~ "Age of Arousal" ~ Lunch at Ruby Tuesday ~ Thursday, March 17, 2011 ~ Departs at 10:30a.m. Returns at approximately 5:30p.m. Cost: \$25.00 for ticket and transportation. Lunch is on your own. **Sign-up began:** February 4, 2011.

St. Patrick's Day Party ~ Thursday, March 17, 2011 ~ 12:30 a.m-1:30 p.m. Refreshments, door prizes and fun! Location: Card room. **Sign-up began:** February 1, 2011.

Out-to-Lunch-Bunch ~ The Log House 1776, Wytheville VA ~ Friday, March 18, 2011 ~ Departs at 9:00a.m. Returns at 4:30p.m. Cost: \$5.00. Lunch is on your own. **Sign-ups began:** February 4, 2011.

Essential Oils ~ "Go Green, Get Clean Inside and Out" ~ Tuesday, March 22, 2011 ~ 10:00a.m. to 11:30p.m. Cost: \$5.00 paid to instructor. Location: Card room. **Sign-up began:** February 18, 2011.

AARP Safe Driving ~ March 23 & 25, 2011 ~ 9:00a.m. to 1:00p.m. Location: Room 230. Cost: \$12.00 members/non-members.

Making Compost for Garden ~ Thursday, March 24, 2011 ~ 12:15p.m. ~ Location: Card room. Cost: \$1.00 paid to instructor. Light refreshments will be served. **Sign-up begins:** March 1, 2011.

Shopping ~ Bass Pro Shops Outdoor World , Pigeon Forge Exit ~ Lunch at Uncle Buck's Grill located inside

Thursday, March 31, 2011 ~ Departs at 10:00 a.m. Returns by 5:00 p.m. Cost: \$5.00 transportation fee and lunch is on your own. Menu available in office. Bass Pro Shop is known for its wide selection of hunting, fishing, and other outdoor gear. There is a large indoor fish tank and in-store activities. The various departments include: shoes, ladies clothing, gifts, hobbies, kids, home, camping, hunting and fishing.

Info to Know: Long Term Care Insurance & Tax Credits W/Genworth Financial~

Thursday March 31, 2011 ~ 12:15 to 1:00P.M. ~ Location: Card room. Cost: Free. **Sign-up begins:** March 4

Out-to-Lunch-Bunch ~ John Fox Jr. House, Big Stone Gap, VA ~ Friday, April 8, 2011 ~ Departs at 10:00 a.m. Returns by 3:30 p.m. **Cost:** \$5.00 bus/ \$18.00 plus gratuity. Luncheon includes entrée, side item, soup or salad, dessert, bread and beverage.

Downtown Blowing Rock, NC Shopping ~ Thursday, April 14, 2011 ~ Departs at 8:30 a.m. Return by 5:30p.m. Cost: \$5.00 for transportation/Lunch on your own. **Sign-up begins:** March 4, 2011.

S.A.L.T. Council (Seniors and Law Enforcement Together) **Seminar with Tami Southerland ~** Thursday, April 21, 2011 ~ 12:15a.m. to 1:00p.m. Location: Card room.

Barter Theatre ~ "Hank and My Honky Tonk Heroes" ~ Wednesday, April 27, 2011 ~ Departs at 10:30a.m. and returns by 5:30p.m. Cost: \$25.00 includes ticket and transportation. Lunch on your own at Red lobster. **Sign up begins:** March 4th.

Trunk Sale ~ Friday, April 29, 2011 ~ 8:00a.m. to 1:00 p.m. Location: Front parking lot/lawn. Cost: FREE. **Sign-up begins:** March 2nd.

TRAVEL AND SPECIAL EVENTS

~Dance Extravaganza ~

Wednesday, March 30, 2011

~ 2 shows ~

Time: 12:30 and 5:30

Location: Theater

Cost: FREE

Come out and see the ballroom dancers, cloggers, line dancers and belly dancers perform what they have learned.

Refreshments will be served after the 5:30pm performance



2010 Annual Senior Center Art Show Winners

- 1st Place: Lubov Lobas "Behind the mirror"
- 2nd Place: Margaret Helvey "Two Cocks Standoff"
- 3rd Place: Ann Vachon "Cellar Gathers"
- People's Choice Award: Sissy Norris "Castle"

Congratulations to all of the talented artists who participated in this year's Annual Senior Center Art Show.

~ Cirque Du Soleil ~ "Alegria"

Thursday March 24, 2011 Departs 3 :30 P.M.

Thompson-Boling Arena Knoxville, TN

A Baroque Ode to the Energy, Power and Grace of Youth.

Trapeze, contortion, aerial and dance performances accompanied by an emotional, lively musical score of jazz , tango and pop.

Tickets/Transportation: \$ 60.00

Dinner on your own at Puleo's Grille.

Sign-up Begins: February 2, 2011



Visit Mountain Farm

Tuesday, May 17, 2011

Departs: 8:15 Returns: 4:30

Burnsville, NC



Mountain Farm is a working farm located in the beautiful Appalachian Mountains of North Carolina, with fragrant lavender, u-pick blueberries and dairy goats. Enjoy refreshments and shop for hand-made, organic gifts, goat milk soap and bottle feed baby goats!

\$5.00 transportation fee/Lunch is on your own at Cricket's Corner restaurant .

NEWS TO USE

What Exactly is Craigslist?

Craigslist is a type of free, local online classified ads. Find the most interesting free item, the most expensive item for sale, or perhaps the most unique item!

Learn to navigate your way through Craigslist by signing up for free sessions.

To explore Craigslist we will be using Generations on Line, a simplified way for older adults to experience the internet.

Two sessions will be held on Mondays, Wednesdays and Fridays.

Session One: 1:00p.m.-3:00p.m.

Session Two: 3:00p.m.-5:00p.m.

A TASTY TREAT FROM MARSHA

Creamy Potato Gratin*

2 tbsp. butter
1 medium onion
4 large baking potatoes, peeled and sliced in 1/4- inch slices
1 cup Ranch dressing
1/2 cup flour
1 cup milk
1 and 1/4 cups Parmesan cheese, divided
1/2 tsp. salt
1/4 tsp. pepper

In a small skillet sauté onion in butter until soft. In a large bowl combine potatoes, Ranch dressing, flour, milk, 1 cup Parmesan cheese, salt, pepper and onion mixture; stir until well blended. Place mixture in a lightly sprayed 13x9-inch baking dish. Sprinkle with 1/4 cup cheese. Bake at 375 degrees or until potatoes are tender.

*Recipe courtesy of The Crown Center at Food City.

Do You Know What a Penny Whistle Is?

Come and find out at our St. Patrick's Day Party on March 17, 2011. Hear the demonstration and sign up for lessons with Martha Egan, music and history teacher. For anyone who is interested in the history of Irish music, we will be having a six weeks series beginning the week of April 11, 2011. If interested, please sign up in the office of the Kingsport Senior Center.



What is Omega Challenge?

The Omega Challenge is a team competition that encourages creative problem solving, extraordinary thinking and motivating activities.

What types of challenges?

The 2011 challenges will consist of the Famous Face Race, "Name that Tune" competition, Geography Race, Spelling challenges and logical thinking problems.

Who may participate?

Seniors aged 50 or older. We encourage seniors from the entire region to participate in the Omega Challenge.

How do I form a team?

Teams consist of 4-6 members. Plan to form your team with friends, co-workers or acquaintances. If you are not on a team... Don't worry-sign up and we'll find your team for you!

Saturday, March 26, 2011 9:00 to Lunch

No charge to participate, lunch provided
Register in office now!

Your Page

From the Dancing Corner

Now that spring is near, bring out your dancing shoes and come join us at Rascals. In March, we are celebrating St. Patrick's Day. If you like, you can show up in something green. Our band will be another of your favorites: Limited Edition. The band features Bruce Rush on keyboards and Daran Brooks on guitar. Bruce has over 40 years experience as a stage and recording studio musician, record producer and sound engineer. Daran freelances for various groups in live shows and also works as a recording studio musician, playing different types of music. This version of Limited Edition will provide music that suits everyone's taste, and we look forward to having a real party on March 11th.

March Dance with Live Music from Limited Edition

Friday, March 11, 2011, 7:00PM - 10:00PM

Rascal's Teen Center

125 Cumberland Street, Kingsport, TN

Cost: \$5.00 per person. Please bring a dessert or snack to share.

****Volunteers Needed****

- **The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few Volunteers who are willing to be trained to give the presentation to home - bound seniors. The requirement will be to give 5 presentations over the next 12 months. Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402**

1 Hour Manicures

Provided by DB
Cosmetology
students

Cost: \$2.00, paid to
manicurist

March 8th Time: 11:30 a.m.

last appointment at 1:30 p.m.

Please sign-up in the office.



Just for Singles Fun Dinner

Thursday, March 10, 2011

Time: 3:00 p.m. to 5:00 p.m.

Where: Cafeteria

Sign-ups recommended, walk-ins welcome!

Library Book Day



Thursday, March 17, 2011

Time: 9-11 a.m.

Table in front of the
Senior Center office.

Massage Therapy Appointments

Fridays with Debra Defrieze

30 minute massage \$15.00,

call (423)791-4693

AND

Every Tuesday with Kirsty Zahnke, BSc, CMT

call (276) 870-2396 , 1 hour massage \$50.00

Schedule appointments by calling and pay massage
therapist day of appointment.

Generations Online Internet Class

Mondays, Wednesdays and Fridays

1:00 p.m. to 5:00 p.m.

This is an opportunity to learn how to use the internet, the lingo, how to use a mouse, send email and how to use a search engine. Class is free. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. See "peer coach" during designated times to make arrangements to take class.





Kingsport

Adult Education

Spring 2011

Classes begin the week of January 10, 2011 unless otherwise noted.

Kingsport Adult education classes are administered by The Kingsport Senior Center.

For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS

Beginning Computer Literacy

- 6 Weeks
- \$70 fee
- Mondays 6:00pm - 8:00pm
- Instructor: TBA
- Tuesdays 6:00 - 8:00pm Begins 3/3/11
- Location: Computer Lab, Lynn View CC

2008 National Electric Code

(Residential Services and grounding)

- 8 Weeks
- \$70 fee
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Begins 01/17/11

One Day Computer Workshops

- Internet Job Searches 3/10/11
- Social Media (Facebook) 3/17/11
- Online Health Information 3/24/11
- Digital Scrapbooking 3/31/11
- \$5 fee each session, begins at 5:30pm
- Instructor: TBA

Beginning Heating Ventilation and Air

Conditioning Certification

Preparation

- 10 Weeks
- \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Thursday, January 27, 2011
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

Introduction to Woodworking

- 5 Weeks
- \$50 fee, \$25 Senior Center members
- Mondays 5:30pm - 7:30pm Begins 3/14/11
- Location: Woodshop Renaissance Center

Building Birdhouses (your choice of Bluebird or Martin)

- Must take Introduction to Woodworking first or have permission from instructor
- 5 weeks
- \$50 fee, \$25 Senior Center members
- Mondays 5:30 - 7:30pm, Begins 4/4/11
- Location: Woodshop Renaissance Center

Chinese

- 11 weeks Fridays
- \$55 student, \$75 student w/parent
- Class 1: Children ages 4-8 , 4:00pm - 5:00pm Instructor: Hang Lei
- Class 2 8 and up, 4:15 - 5:15pm , Instructor: Jean Chang
- Location: Renaissance Center, Room TBA
- This class will help both Chinese and non-Chinese descent people foster a deeper understanding of the Chinese culture.

French Begins Saturday, January 8th

- Saturdays
- Time: 9:00am
- Location: Card Room
- Cost: \$30, please pay instructor, Fay Saffari

HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

Zumba Fitness

6 weeks

- Session I -1/13/11 Thursdays
- Session II- 3/3/11
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria Time: 5:30 p.m.

Strength Training

6 weeks Begins, January 18th
\$25

Instructor: Chris Hicks

Class 1 - Monday & Wednesday, 4:30

Class 2 - Tuesday & Thursday, 5:30

Location: Lynn View Community Center

Water Aerobics

\$80/ 12 weeks/ Begins January 11th

Tuesday and Thursdays 7:00 a.m.

DB Pool

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- Session I - 2/17/11
- \$25 fee
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- \$25 fee or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 6 week class
- Begin February 8
- \$25
- Tuesdays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

REGISTRATION FORM

Please Print!

Name _____

Address _____

Home Phone _____

Employer _____

Work Phone _____

Course Name _____

Day(s) _____

Mail payment with this form. Make checks payable to "City of Kingsport".

Complete a separate form for each course!

For statistical Purposes only

sex: Male Female

Date of Birth: _____

For Office Use Only:

Amount Paid \$ _____ Receipt # _____

Check or M. O. Number _____

Date _____

Spring 2011 Branch Site Class Schedule

Chinese Yoga

- Mondays
- Time: 8:30am
- Location: Lynn View Community Center
- Cost: \$5 per class, payable to instructor on the first of each month Tai-Chi based low-impact exercises. Slows stress, increases flexibility and strength.

Core Conditioning *NEW DAY*

- Mondays & Wednesdays
- Time: 9:30am - 10:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength.

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal training with Tony Also "Set up a Workout Program"

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Step Aerobics *NEW DAY*

- Mondays & Wednesdays
- Time: 8:30am - 9:30am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50 - 60 minute workout for all ages and abilities.

NEW CLASS

Strength Yoga (An alternative style)

- Tuesdays & Thursdays
- Time: 8:30 - 9:30
- Location: First Broad Street UMC
- Instructor: Tony Mays

Tai-Chi (Beginning Level)

- Tuesdays & Thursdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30 - 12:30
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

NEW CLASS

Zumba Fitness

- Tuesdays (**Begins February 15**)
- Time: 10:30
- Location: Lynn View Community Center
- Instructor: Tony Mays
- Minimum of 8 students required

NEW CLASS

Water Aerobics

- Tuesdays & Thursdays
- Time: 7:00 AM
- Location: Dobyns-Bennett Pool
- Cost: \$2 per session
- Instructor: Tony Mays

Sign up in the office if you are interested. When we get a list of at least 5 people we will begin the class.

***You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**



Exercise Room at Lynn View



Consignment Art Gallery/ Gift Shop at Lynn View



Contribution

Name: _____

Street: _____

City, State & Zip: _____

Phone: _____

E-Mail: _____

If your gift is a memorial/honorarium, please complete the information requested below.

Name of person being honored:

A notification of your gift will be sent to the recipient or representative if requested.

Person to be notified:

Street: _____

City, State & Zip: _____

____ YES, I do want the recipient/ representative notified.

For more information, contact:

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN 37660
(423) 392-8400
kptseniors@hotmail.com

Friends of the Kingsport Senior Center

Mission Statement

Our mission is to help the Center remain a vital, caring, and supportive Center for all seniors.



Friends is vital to the Kingsport Senior Center to:

- Provide general support to the Kingsport Senior Center.
- Purchase, upgrade and repair items which the City of Kingsport funding does not cover.
- Help maintain the integrity of the Kingsport Senior Center.
- Provide feedback to the Center director and staff.

Contributor Benefits

Benefits of being a contributor include:

- Knowing your dollars go directly to the operation of the Senior Center. **Friends** has no paid employees. Your gifts and donations are not a part of the city budget.
- Tax deductions for contributions.
- Invitations to special events.
- Recognition in the Senior Center newsletter.

Memorials/Honorariums

- In addition to annual contributions, memorial/honorarium donations are appreciated.
- A memorial/honorarium gift to the Friends of the Senior Center is a caring way to recognize those who should not be forgotten.
- Honorees and donors will be recognized in the Senior Center newsletter.

Recognition Levels

(Totals include Memorials/Honorariums and Annual Contributions for the Fiscal Year.)

- \$10 Individual
- \$25 Donor
- \$50 Patron
- \$100 Benefactor
- \$150 Sponsor
- \$250 Golden Sponsor
- \$500 Platinum Sponsor

Friends of the Kingsport Senior Center is a non-profit and tax-deductible organization.

Make checks payable to:
Friends of the Kingsport Senior Center
1200 E. Center Street
Kingsport, TN 37660



cut & mail with check

Kingsport Senior Center Publicity Committee
Invites You to Have Lunch with Us!

The Kingsport Senior Center is sponsoring a white navy bean lunch with ham hock, cornbread, onions, slaw and mystery cookie on Wednesday, March 16, 2011 from 11:00a.m. to 1:00p.m.

All proceeds will benefit Seniorfest 2011.

Carry-out available.

Tickets cost \$4.00 and will go on sale March 4, 2011.

See a publicity committee member to purchase a ticket. On March 4th, a table will be set up outside the senior center office for ticket sales

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

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